

TOPIC 9: HAND HYGIENE



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AGENDA

- Introduction
- Hand Hygiene
- Reflection & Next Steps



ACKNOWLEDGEMENT

This Project Firstline Presentation is brought to you by the North Dakota Department of Health (NDDoH), Division of Infectious Diseases and Epidemiology, and presented by NDDoH COVID-19 Nurse Consultants. All presenters have been trained on Project Firstline materials in correlation with the Centers for Disease Control and Prevention (CDC).



INTRODUCTIONS



- Candy Wormsbecker, BSN, RN
- Minot, ND
- COVID 19 Nurse Consultant
- ICAR Facilitator
- Project Firstline Facilitator

INTRODUCTIONS



- Eric Akosah Appiah, BSN
- Bismarck, ND
- COVID-19 Nurse Consultant
- Project First Line Facilitator

LEARNING OBJECTIVES

- Describe two (2) reasons **why having clean hands is especially important in healthcare.**
- Discuss two (2) reasons **why hands are a main way that germs can spread** in the environment.

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DEFINITIONS

Hand Hygiene



Hand hygiene means cleaning your hands by using either handwashing (washing hands with soap and water), antiseptic hand wash, antiseptic hand rub (i.e., alcohol-based hand sanitizer including foam or gel), or surgical hand antisepsis.

INSIDE INFECTION CONTROL

**DO WE REALLY HAVE TO
TALK ABOUT HAND
HYGIENE? AGAIN? YES!**

EPISODE 21



Think about it...

How many times do you wash your hands with soap and water or use alcohol-based hand sanitizer throughout an average workday?



GERMS CAN SPREAD FROM SURFACES

- Germs are everywhere, and we can spread them, without knowing it, to other surfaces, things, and people.
- In healthcare, you are likely to come into contact with things that carry germs, like respiratory droplets, saliva, blood, and waste, and you're more likely to touch patients at risk for bad infections.

Healthcare workers touch a lot of items during their workday: on average, 912 surfaces per 12-hour shift, and up to 15 different surfaces during a single patient interaction. This is why hand hygiene is so important.



REASONS FOR NON-ADHERENCE TO HAND HYGIENE

- **Lack of knowledge of guidelines/protocols**
- **Lack of knowledge, experience and education**
- **Lack of rewards/encouragement**
- **Lack of role model from colleagues or superiors**
- **Handwashing agents cause irritations and dryness**
- **Sinks are inconveniently located/shortage of sinks**
- **Lack of soap, paper, towel**
- **Often too busy/insufficient time**

Discussion

Do you always clean your hands when you should?

What are some reasons you might not clean your hands?



REFLECTION

- Do you feel staff at your facility clean their hands when they should?
- What are some ways to encourage staff to clean their hands?
- Do you think residents/patients are at risk when staff don't clean their hands?



- What can you do to address challenges?

STRATEGIES TO IMPROVE HAND HYGIENE

- Talk with your supervisor
- Talk with your colleagues
- Share CDC hand hygiene resources
 - Clean Hands Count for Healthcare Providers
<https://www.cdc.gov/handhygiene/providers/index.html>
 - Clean Hands Count for Patients
<https://www.cdc.gov/handhygiene/patients/index.html>
 - Clean Hands Save Lives
<https://www.cdc.gov/handwashing/index.html>



Questions?

Are there any remaining questions about hand hygiene?



RESOURCES AND FUTURE TRAINING SESSIONS

CDC's Hand Hygiene in Healthcare Settings:

<https://www.cdc.gov/handhygiene/index.html>

Project Firstline on CDC:

https://www.cdc.gov/infection_control/projectfirstline/index.html

CDC's Project Firstline on Facebook:

<https://www.facebook.com/CDCProjectFirstline>

CDC's Project Firstline on Twitter:

https://twitter.com/CDC_Firstline

Project Firstline Inside Infection Control on YouTube:

<https://www.youtube.com/playlist?list=PLvrp9iOILTQZQGtDnSDGVikDdRtlc13VX>

To sign up for Project Firstline e-mails, click here: https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic_id=USCDC_2104

Centers for Disease Control and Prevention. Guideline for Hand Hygiene in Health-Care Settings: Recommendations of the Healthcare Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIC/IDSA Hand Hygiene Task Force. MMWR 2002;51 (No. RR[1]16):[inclusive page numbers].

<https://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf#page=19>

WHO guidelines on hand hygiene in Health Care: A summary https://www.who.int/gpsc/5may/tools/who_guidelines-handhygiene_summary.pdf



EVALUATION

Take the end of course evaluation for CEU certificate:

https://ndhealth.co1.qualtrics.com/jfe/form/SV_a93gyCSQ2JaHuTA

If you are a room moderator for a group in attendance, fill out the Group Attendance Form. EACH attendee will need to complete the evaluation form. Submit all forms to dohpfl@nd.gov for certificates.

Recordings can be found on:

www.health.nd.gov/projectfirstline



Questions? Email us: dohpfl@nd.gov

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